

## ITD Job Risk Assessment - JRA-AO-06 Lifting (Manually)

<b>Name(s) of Site Level Risk Team Members:</b> MLHeinrich, AJTemperosa, V.Bonafede, A.Patel, L.Soto, M.Cuttler, E.Bakke, J.Muscarello	<b>Point Value → Parameter ↓</b>	1	2	3	4	5
<b>Job Title:</b> <span style="color: blue;">Manual Lifting (loads of about 30 pounds or less)</span>  <b>Job Number or Job Identifier:</b> JRA-AO-06	<b>Frequency (B)</b>	≤once/year	≤once/month	≤once/week	≤once/shift	>once/shift
<b>Job Description:</b> Lifting and movement of objects and packages in building and around grounds. This JRA is the BNL JRA	<b>Severity (C)</b>	First Aid Only	Medical Treatment	Lost Time	Partial Disability	Death or Permanent Disability
<b>Training Procedures List (Optional):</b> BNL Back Safety (TQ-BACKSAFE); BNL Ergonomics in the Mechanical and Industrial Setting (TQ-ERGO-IND)  Applicable Standard Operating Procedures: Reviewed by: J.Bigrow Date: 10/12/06 Rev. #: 0	<b>Likelihood (D)</b>	Very Unlikely	Unlikely	Possible	Probable	Multiple
<b>Stressors (if applicable, please list all)</b> Lighting; walking surface conditions, weather		<b>Reason for Revision (if applicable):</b>			<b>Comments:</b>	

Activity	Hazard	Control(s)	Before Additional Controls						Control(s) Added to Reduce Risk	After Additional Controls						% Risk Reduction
			Stressor	# of People A	Frequency B	Severity C	Likelihood D	Risk* AxBxCxD		Stressors	# of People A	Frequency B	Severity C	Likelihood D	Risk* AxBxCxD	
Lifting of boxes, containers, packages, equipment, etc. (weight up to 30 pounds [14kg]), computers, towers – into racks	Overexertion injuries from excessive lifting, pushing, pulling, holding, carrying	proper lifting technique, assistance from others, gloves and supportive shoes, handle holds built into load. Assistance of a coworker so 2 manage the lift	N	1	4	2	3	28								
	Injury from falls to lower level while moving with obstructed view	Roll up all attached cables prior to the lift. floor maintenance; good footwear; housekeeping, carry only when maintaining good visibility, or have assistant (spotter)	Y	1	4	2	3	32								

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[continued]  Lifting of boxes, containers, packages, equipment, etc. (weight up to 30 pounds [14kg])	Strain/sprain injury from bending or loss of balance without falling	proper lifting technique, gloves and supportive shoes, handle holds built into load	N	1	4	2	3	24								
	Cuts and abrasions	Use of gloves and supportive shoes, handle holds built into load	N	1	4	1	3	12								
	Being struck by dropped load	Use of gloves and supportive shoes, handle holds built into load, lifting rules, training	N	1	4	2	3	24	Safety shoes as required footwear	N	1	4	1	3	12	50%
Carrying loads up & down stairs	Falls to lower level or trip at same level	Use of ramps and elevators as alternative. Sufficient lighting, surface maintenance; good footwear; housekeeping; hand rails,	Y	1	4	3	4	48								
Moving and holding objects with extended arm reach	Muscle strain in arm and backs, spinal injury in back	Lifting rules, training, use of step stools, use of dollies, carts, ladders with platforms to lift up into racks. Use of co-worker's assistance in lifting and holding, handles built into object, load move close to body for extended periods of holding, tables or platforms use to eliminate muscle fatigue	N	1	4	3	3	36								

<b>*Risk:</b>	<b>0 to 20</b>	<b>21 to 40</b>	<b>41-60</b>	<b>61 to 80</b>	<b>81 or greater</b>
	<b>Negligible</b>	<b>Acceptable</b>	<b>Moderate</b>	<b>Substantial</b>	<b>Intolerable</b>

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